

## PHYSICAL FITNESS TEST

Applicants for the position of "Police Officer" must demonstrate a fitness level which would allow them to perform the essential job functions of a police officer. Applicants must perform each of the following exercises in accordance with the indicated standards. Each exercise will be scored as PASS/FAIL. **If an applicant fails one event, they fail the entire test and will not advance to the written test.** The exercises must be performed in the following order:

1. **Vertical Jump**-Applicant will be provided three attempts to jump as high as possible from a standing position. The standard is **15"**.
  - *2 minute rest*
2. **1 Minute Sit-Ups**-Applicants will have 1 minute to complete **28 sit-ups**. This exercise shall consist of the applicant lying on the floor with the knees bent 90° and feet held in position. The applicant will interlock their fingers behind their head and touch their elbows to their knees without pulling on their neck or raising their hips off of the floor.
  - *5 minute rest*
3. **300 Meter Run**-Applicant will run 300 meters on a level surface within **70.1 seconds**.
  - *5-10 minute rest*
4. **Push-ups**-Applicant will place their hands on the ground, approx. shoulder width apart. Applicant's feet may be up to 12" apart. The body must be in a straight line from shoulders to ankles. **24 correct push-ups** must be performed to pass this test.
  - *5 minute rest*
5. **1.5 Mile Run**-The applicant will run a level 1.5 mile course within **15 minutes and 55 seconds**.

The standards used in the physical fitness test were derived from law enforcement physical fitness norms that are based on a representative sample of approximately 4000 officers that were stratified (by age and gender) and randomly selected from 40 municipal, state and federal agencies.

The Lower Paxton Police Department has selected the 30<sup>th</sup> percentile as the standard for passing the test. This means that 70% of the officers who took this test, scored above the standard which we require.

The physical fitness test measures those job-related physical fitness areas that have been shown to be underlying and predictive factors for officer physical abilities to perform the essential physical tasks and functions of the job.

**Fitness area measured**

Aerobic power  
Anaerobic power  
Upper body muscular endurance  
Abdominal muscular endurance  
Leg power

**Fitness test**

1.5 mile run  
300 meter run  
Maximum push ups  
1 minute sit ups  
Vertical jump

Source: Physical Fitness Assessments and Norms for Adults and Law Enforcement, The Cooper Institute, pg 44 and 45.